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WASHINGTON, D. C.

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RELEASE FOR PUBLICATION
APRIL 7, 1957 (WEDNESDAY)

THE MARKET BASKET

By

Bureau of Home Economics, U. S. Department of Agriculture

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MEAT ORGANS MAKE DELICIOUS,
WHOLESOME FARE
— — — — —

Meat organs other than liver are not often found on the table of the average American family. The butcher's show case faithfully continues to display its row of white enameled pans -- one filled with creamy white brains, the next with plump veal kidneys, and another with dark firm-fleshed calf hearts. But the heedless shopper passes them by, unaware of their high nutritive value and palatability. Yet all of them are inexpensive meats!

The meat organs are always richer in iron than are the purely muscular tissues. Liver, heart, kidney, and brains are among nature's richest storehouses of this mineral, so necessary to good rich blood.

Liver is also high in vitamins A and C, a good source of vitamin B and G and -- if the animal has been well fed and has had plenty of sunlight -- a good source of vitamin D. The kidneys is excellent for vitamin G, and good for vitamins B and C. The heart is a good source of B, and excellent for G. Brains are an excellent source of vitamin C, good for vitamin B, and also for G.

KIDNEY is considered a great delicacy by the British the world over. Here

in the United States tender lamb kidney may sell as low as two for a nickel, and nice veal kidney around 15 cents. It all depends upon the demand of the moment.

The status of kidney today is about that of liver 25 years ago. In the good old days it wasn't uncommon for the village butcher to throw the liver in with some other meat purchase. Then people discovered how good liver is, and prices registered their rising esteem. Now, while the kidney demand is weak, is the time to enjoy this meat delicacy.

At present there is no system of marking by which the shopper can know the grade of liver, kidney, heart or brains offered for sale. Even for those organs entering into interstate commerce all she can be reasonably sure of is that the animal from which those organs were taken was passed by the Government as being fit for human consumption at the time they left the plant. Carcasses and cuts are graded but organs are not, simply because there has been no general demand for such grading.

But there's a sunny part to the picture. Buyers for different state and city institutions have asked the U. S. Department of Agriculture to draw up specifications to help them in their meat purchases. And the Department gladly did so. In this article the suggestions for buying are made in accordance with the specification sheets now being used by these cities and states.

Kidneys should be full and plump and free from blemishes and suet. Pork kidneys are smooth and of a good reddish-brown shade. Veal kidneys are of lighter color with surface convolutions or foldings. Beef kidneys have still more pronounced convolutions.

Lamb and veal kidney need no preliminary parboiling before they are broiled or sauted. Simply wash them and remove the outer membrane.

Beef kidneys, however, do take some extra handling. Wash them and remove the outer membrane. Split through the center and take out the fat and the heavy veins. Cover the kidneys with cold water and heat slowly to the boiling point, and then discard the water. Continue this parboiling until there is no longer any strong odor and no scum comes on the water.

Then simmer the kidneys in about a quart of fresh water, until the meat is tender. Take out and use as you prefer. It's delicious cut up in a stew with potatoes and onions, thickened, then flavored with tabasco sauce and a little lemon juice.

Or after being parboiled, kidneys can be used for a pie, or cooked creole style with sweet pepper, onion, and tomatoes, and served on toast or noodles.

LIVER is an old favorite in most American households. Time was when there were just two kinds of liver; that from very young and that from very old animals. Today there are also yearlings being slaughtered. And unfortunately there's a lot of lamb and beef liver being sold for veal liver. All these make good food, but no one wants to pay a veal price for a beef article.

And although the price of veal liver has skyrocketed, that of most other liver items has remained reasonable. Pork, beef, and lamb liver are quite as valuable sources of iron and vitamins as is veal, though only about a third as expensive. And properly prepared all these are very palatable.

In buying liver see that it has no spots or blemishes on it. The younger and healthier the animal from which it is taken, the more short and plump the liver will be. Second rate liver will be longer and thinner than the first rate, and will be a darker shade of brown. Calf liver is a light chocolate brown.

Very light, very dark, and yellowish livers are to be avoided. Livers of starved, drought calves run very dark. And very dark liver lacks that sweet,

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rich flavor for which this meat is prized.

As for preparing liver, specialists in the Bureau of Home Economics say:

Broil a tender young liver; braise an old one. Nine out of ten people overcook this meat and hence put on the table a dish about which no one is very enthusiastic. Liver should be cooked at a moderate temperature and ONLY LONG ENOUGH TO MAKE THE RED COLOR DISAPPEAR.

Liver is delicious served alone, or with bacon, or in a liver-and-rice loaf, or scalloped with potatoes. And, of course, there are dozens of other delicious liver preparations.

HEARTS, when purchased, should be thick and firm, thoroughly cleansed, comparatively free from blood clots, and trimmed free of the fatty, gristly top part. Calf, lamb, and pork hearts are more tender than those of beef. Beef heart, however, is equally nutritious and is a desirable buy.

After washing a beef heart thoroughly and removing any blood vessels and clotted blood, you may cover it with salted water and simmer it until it is tender. That will take between 2-1/2 and 3-1/2 hours. Or you might simmer it until tender, then fill it with your favorite stuffing and braise it until it is a light brown.

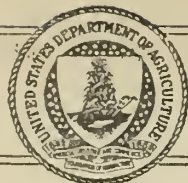
BRAINS make another nutritious and somewhat neglected food. Good ones are whole - not broken apart - thoroughly cleansed, practically free from blood clots, and of a natural creamy white to pinkish white color. If there's a greenish cast to the white, don't buy them.

After cleansing the brains, you might simmer them in salted, acidulated water (1 tablespoon vinegar to 1 quart water) for about 15 minutes to make them more firm, though this preliminary treatment is not necessary. Probably the favorite brains dishes are those with eggs - either in an omelet or with the two scrambled together. Brains are often used also for croquettes with rice, onions, and bread crumbs.

These four organs - kidney, liver, heart, and brains - should be welcome additions to any family's menu.

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U. S. DEPARTMENT OF AGRICULTURE
Office of Information
Press Service



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APRIL 14, 1937 (WEDNESDAY)

THE MARKET BASKET

By

Bureau of Home Economics, U. S. Department of Agriculture

BEST COMPANY DINNER
IS SIMPLE, COLORFUL

Company dinner 25 years ago was a real undertaking, involving days of preparation. It meant pies and cake, a display of the storeroom's best in the way of pickles, preserves, and jellies, as well as a plentiful variety of meats, vegetables, and fruits.

But styles even in hospitality change. Gone is the time when dining out meant gorging oneself with rich foods. "The ideal dinner, whether it has one or many courses, is simple," reads a typical book on foods and nutrition. The result is that all can have the pleasure of being hospitable.

The ideal company dinner is cut according to the same pattern as is the good home dinner. It is simple, planned with due consideration of people's likes and dislikes, well balanced dietetically, with contrasts of color, texture, and flavor--and is nicely served.

Specialists in the Bureau of Home Economics say that the day's meals should have some protein, some carbohydrates (sugars and starches), some vitamin-rich foods, some mineral foods, and some fats. To supply these essentials they advise for each day's diet at least two vegetables other than potatoes, one of them a

yellow or green leafy vegetable, citrus fruit or tomatoes, meat or other high quality protein food, an egg, a pint of milk (for children a quart), and some cereal product.

Dinner, of course, in most families supplies a good share of the day's nutritive needs. In the average family the other two meals usually have supplied most of the cereal products, the citrus fruit, and at least a part of the vegetable-milk-egg requirement.

The meat dish therefore is usually the center about which the remainder of the dinner is planned. Meats are available at different levels of cost, the less tender being quite naturally the cheapest. The Bureau of Home Economics has done a great deal of experimental cookery with the less tender cuts of meat and has prepared leaflets showing how to handle them so that they may be served with no apology to the most critical guest.

A shoulder or breast is an economical buy, and when stuffed and roasted as recommended by the Bureau not only goes farther but also makes a savory and attractive dish. Steaks lacking the tenderness and fat needed for broiling may be delicious served Swiss style. Boiling pieces can be used in creamed dishes or cooked with savory herbs or with spices such as curry.

The meat choice in large part determines what else is to be served. If you are serving veal cutlets or fried liver or fried fish, French fried potatoes cannot well be used. Such a combination would violate two of the rules of meal planning: that there should be contrast of texture and flavor. Potatoes for fried meats would be better served mashed or baked.

If a creamed meat is the chief dish, one would not want creamed potatoes and blanc
mange at the same meal. They would mean too many starchy foods at the same meal---too many dishes of a pasty texture and similar flavor. For the same reasons

one would avoid having a gelatin salad and a gelatin dessert at the same dinner. The ideal meal has both soft and crisp foods, both tart and mild dishes.

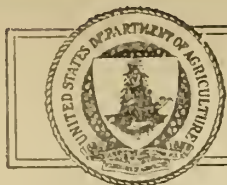
The well thought out dinner not only has contrast of texture and flavor, but also contrast of color. Psychologists have shown clearly the importance of color in relation to appetite. Creamed chicken, mashed potatoes, buttered turnips, and celery would be a course devoid of color. Buttered beets, sliced tomatoes, red apple salad, and grape sherbet at the same meal would be almost as bad.

A dinner well planned for contrast of flavor, texture, and color, and also for dietetic essentials would be: tomato juice cocktail, Swiss steak, mashed potatoes served on the half shell sprinkled with chopped parsley leaves, buttered cooked carrot strips, a shredded leaf lettuce salad with French dressing, hot cloverleaf rolls--and for dessert rhubarb betty.

In "Diets to Fit the Family Income", a recent publication of the Bureau of Home Economics, one dinner menu in the minimum-cost, adequate-diet list is: ground liver and cereal loaf, scalloped potatoes, buttered beets with beet tops, bread and butter, hot coffee cake.

Both for family meals and for guests, dinners should be so planned as to be served easily, without fuss and delay. Gelatin dishes may be made the day before. Lettuce leaf cups can be filled with diced mixed vegetables an hour or so before and be ready to slide onto the dinner or salad plate and have the dressing added. Such preliminary preparations clear the decks for work with those foods which must have last minute attention.

A simple dinner where hospitality is easy and cheerful, where the food is chosen with due consideration for dietetic balance, color, and flavor, well prepared and attractively served, will please any but the unintelligent.



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Office of Information
Press Service



WASHINGTON, D. C.

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THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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GOOD KITCHEN EQUIPMENT
NEEDED FOR MEAT COOKING

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If all the overcooked and underdone meats in the country were put end to end they would make a line which would reach goodness only knows how far. Fortunately cooks who "muddle through" meat preparations are given decent privacy, so that the truth will never be fully revealed.

Science and education, moreover, are collaborating to reduce the high accident rate with roasts and other meat cookery. One instrument which they have contributed to the cause of Better Roasts for Everybody is the roast meat thermometer. It has taken the guess work out of such cookery.

Before its advent, the housewife had no way of knowing exactly what was happening to her roast. Some cookbooks give a roasting time of so many minutes to the pound. Others advise about how hot the oven should be. A few realize that the cook needs both time and temperature guidance.

But all such suggestions are quite frankly only rough approximations. The regulator is helpful but it's not entirely accurate. The oven thermometer is a valuable supplement to the regulator but tells only how hot the oven air is, not how rare or how well done the interior of the roast in that oven is at any given moment.

Shape as well as weight affects the cooking time. For instance, a rolled rib roast will not cook at the same rate as a standing rib roast. Hence "minutes to the pound" rules and oven heat recorders are insufficient guides.

A roast meat thermometer thrust into the roast's middle supplies the missing link in the information. A glance at this faithful indicator can tell the cook when that roast has reached the particular stage of rareness or doneness which is most satisfying to herself and to her family.

Such a thermometer is valuable for roasting any well fattened, tender cut of beef, lamb, or pork. It is perhaps the greatest boon in preparation of beef roasts where a rare, medium, or well done state is the goal. But large sirloin tip and rump roasts of beef are also best managed with such a device. It is no less useful with cured or fresh ham since it is essential to have such a piece cooked to the center, yet not have it overcooked.

The roast meat thermometer is not a new instrument. Its use goes back almost 35 years to the experimental kitchens of the University of Illinois. Research people there started using thermometers in their work with meats to insure accuracy. Then scientists in other laboratories proceeded to use them.

The Bureau of Home Economics people in Washington saw no reason why this helpful instrument should be confined to research work; so 10 years ago they wrote various manufacturers suggesting that they construct a meat thermometer for the housewife. It would have to be much less expensive than the laboratory device and more easily read.

A few manufacturers responded, so that today a reasonably priced meat thermometer is available for home use.

As a meat thermometer safeguards the roast against over or undercooking it is definitely an economy purchase. Overcooking means shrinkage in meats and a resultant reduction in serving quantities. It means loss of juiciness and various

other qualities that make the roast savory. If drippings are utilized in some way, much of the food value can, of course, be conserved, but there's no way to bring back the lost servings and palatability to the roast itself.

As to the roaster, specialists in meat cookery at the Bureau of Home Economics say that it doesn't matter much what material it is made of. With the approved roasting methods of today the meat itself doesn't come in direct contact with the roaster bottom anyhow. The meat is set on a rack so as to be up out of the drippings of fat and juice, and not stick to the bottom of the container.

Any rack may be used to set the roast on. It need not have been specially constructed for the container you happen to be using as roaster. One like that used for cooling the cake will serve the roasting purpose nicely.

The roaster, then, may be made of sheet iron, enamelware, aluminum, stainless steel, or tin, as far as the foods specialists care. They are more particular about the construction of such a utensil than they are about its material. The surface of a roaster should be smooth and the corners rounded. A roaster with sharp corners, with sides joined to the bottom at sharp angles, means hours of extra time spent in cleaning.

Roaster covers, except sometimes for fowl, are now little used. A covered roast shrinks more than an uncovered one. For the less tender meats such treatment is, of course, necessary. But the already tender roast should not receive such Spartan treatment.

Meats specialists are more critical of the utensils for surface cooking of meats and for the oven handling of the less tender cuts than they are for the roasting utensil. Meats which require long slow cooking with steam should always be cooked in thick-walled utensils with close fitting lids.

The Dutch oven is still one of the most useful of kitchen utensils for this long, slow cooking. It is so called because the Pilgrims brought it over from Holland, choosing it because of its wide variety of uses.

Dutch ovens are made of cast iron or cast aluminum. Those of cast iron are least expensive and quite as efficient as those of the more expensive materials. They do require more attention, however, to prevent rusting. Ovens of a poor grade of aluminum discolor, pit, and become coated with a salty deposit, but those of good quality retain their smooth bright finish. The lid must be thick and close fitting to hold in the steam.

Some firms have recently brought out a deep heavy skillet of aluminum with a tight fitting lid--a utensil which can serve as a Dutch oven and so do double duty.

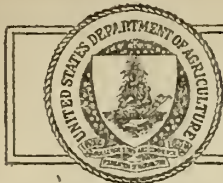
Casseroles of china, glass, and earthenware are closely akin to the Dutch oven and used for similar meat dishes. They should be nonabsorbent, with no tiny flaws or cracks in their smooth surface. Flaws make cleaning difficult, and cracks not only give openings for absorption but also are forerunners of breaks.

Glass ovenware is a joy to the housewife because it is easy to clean, and may be set onto the table or into the refrigerator. Some such utensils have flat covers which may be used for pie pans or shallow uncovered baking dishes. Oven china is also adaptable. In buying either earthenware or china oven dishes, one needs to watch for tiny flaws and for the fine faint network of lines called crazing. All such utensils should be smoothly finished, nonabsorbent, and adapted to high temperatures.

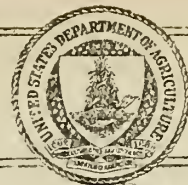
For any kind of pan broiling one needs a thick skillet or frying pan, according to meat specialists. It holds the heat better and maintains a more even heat than does a thin utensil, and resists warping far longer. A warped pan is an expensive piece of equipment, especially for wood, coal, and closed unit electric stoves. There are still iron frying pans, dear to our grandmother's heart, and many of them have added chromium linings so that they will not rust. Chromium linings are excellent because of their smoothness, and durability. Chromium is not affected by air, water, food acids, or food alkalis. Skillets, too, should have well-fitting lids. Cast aluminum is fine, too, for pan broiling of meats as it heats evenly--develops no hot spots. Of course, aluminum discolors somewhat.

Another very useful instrument for meat cookery is a big needle for sewing up such meats as a boned shoulder roast.

The world's best cook will have failures if she is handicapped by lack of proper equipment. Suitable utensils and thermometers are investments which pay high dividends.



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THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

DIET CORNERSTONE OF CHILD HEALTH

May Day, for the child, means hanging May baskets and scampering away before he is caught. For the youth it often means dancing around the Maypole and crowning a fair queen. But for an increasing number of their elders it means Child Health Day.

As President Roosevelt said in his proclamation, May 1 is a day for special consideration of ways in which the health of children shall be promoted and safeguarded.

Health obviously can be built only upon a well-balanced diet. And it's pretty difficult, though not impossible, to work out a well-balanced diet for growing children without milk.

Milk does not contain all the essential food elements, but it provides many of them--and very cheaply. Give a child all the milk he wants to drink, providing he does not let it displace other essential foods. Every child should get a pint a day and if possible a quart, to arm him against a number of diseases traceable to a deficiency of vitamins A, B, and G. Citrus fruits or tomatoes, the leafy green vegetables, and eggs also should be in the diet to supply needed vitamins and minerals and supplement the milk.

A quart of milk would of itself supply the day's calcium need for the child-
what is necessary for building good teeth and bones. If less than this amount
is consumed, certain fruits and vegetables can bring in the rest of the calcium.

A liberal supply of vitamin A is essential to vigorous health in the child.
It stimulates growth, protects against one of the more serious eye diseases, and
possibly also against infections in the body.

Vitamin A deficiency is more common and more serious than is generally
recognized. In a recent survey of Iowa school children a fourth of those from the
country, half of the village pupils, and half to three-fourths of the city chil-
dren, depending upon their economic level, showed deficiency in this nutritive
element. The record of the country children was believed to be due to their having
a more plentiful supply of milk and fresh vegetables. All these malnutrition
cases were cured by adding cod-liver oil or carotene.

The vitamin A content of milk varies widely according to the cow's diet.
Milk and butter from cows on pasture may have ten times that of cows fed on grain
and poor hay. The vitamin A of milk is entirely in the fat, and the natural
yellow color of butter is a fairly good index of its vitamin A potency.

Vitamin G, which is often found in generous quantities in milk, is another
food element essential to health and growth. Milk is a fair source also of vitamin
B, though chicken, lean pork, and the green and yellow vegetables are better
sources.

A quart of milk a day supplies the child with enough calcium and phosphorus
to build a fine bony structure, but the body is so constructed that it takes up
these minerals most efficiently in the presence of vitamin D. And milk itself has
practically no vitamin D.

Fortunately there is in the human skin a substance called ergosterol which
is changed into vitamin D on exposure to ultra violet light. So the person who gets
out into the sunlight long enough generates his own vitamin D. Hence, the sun baths

prescribed for the baby. City people usually are not exposed to sunlight enough to get an adequate supply and must get this food essential from other sources such as the fish-liver oils, eggs, salmon, and butter.

But the parent who faithfully sees to this children getting their cod-liver oil but is indifferent to the quantity of milk or calcium-rich vegetables they are getting will be doing them little good.

Dental health for life is largely determined by the time a child is six, so that for his first years an adequate supply of milk or green vegetables and vitamin D is doubly necessary. A recent report concerning the teeth of U. S. Navy recruits showed the dental health of rural recruits considerably better than that of urban recruits. The belief was that both diet and sunlight had been important factors in the contrast.

Not only is it essential that a child have an adequate supply of milk but also that the milk should be wholesome. Yet a large proportion of the small towns and villages of the United States have no efficient milk inspection or control, according to O. E. Reed, chief of the Bureau of Dairy Industry.

Not all large cities even have adequate inspection. But the U. S. Public Health Service Milk Ordinance and other similar ordinances are being adopted by more and more communities. This ordinance is really an outline of the standards necessary for a sanitary milk supply, and of the administration and procedure required to put those standards into effect. U. S. officials may be invited in to check the city's supply of milk and report to the city officials their findings, but have no power to do more. The 676 cities having the ordinance utilize the Federal Government service, however, to find whether or not their milk measures up to the 90 percent pure standard considered the minimum for city health.

The grading of milk has been of decided help to consumers. Where enforcement of good city milk ordinances is effective, Grade A milk means sanitation all

along the line: healthy cows, milked by healthy persons in a sanitary way, and carefully handled in the shipping and delivering.

The grading of milk is not especially concerned with the amount of butter fat. Grade A milk may not yield a bit more cream than Grade B does.

The Federal Public Health Service believes that all milk should be pasteurized or boiled before it is used, for this process kills all disease germs present in the milk. Pasteurizing is preferred. Proper pasteurization raises raw milk one grade; Grade B raw milk, for instance, becomes Grade A.

Pasteurization, it is true, destroys most of vitamin C along with the disease germs, but the gain outweighs this loss, especially since tomatoes or citrus fruit can supply this vitamin.

Certified milk is raw milk which has measured up to the high standards of the American Association of Medical Milk Commissions. The fact that milk has been pasteurized or certified doesn't mean that it needs no further care. It must still be kept clean, covered, and cold.

Dried whole milk is better than questionable raw milk. It has the advantage of having most or all of raw milk's original vitamin, but is not always available. Where dried skim milk can be purchased it, too, can be used. Three and a half ounces of it with one and a half ounces of butter give the food equivalent of a whole quart of milk.

Unsweetened evaporated milk is another safe milk, with the added advantage of being economical and keeping well.

Milk also may be worked into the diet in the form of custards, soups, and other dishes. Though there is no one food which supplies all food essentials, milk comes the nearest to being the perfect food. Supplement it with an egg, a citrus fruit or tomatoes, some fresh green or yellow vegetable, and you have a wholesome diet for both child and adult.

